

**Linda Clair**  
**Meditation Retreat**  
**Kallara Conference Centre, Australia – March 2020**  
**Transcription from Audio Recordings**

**File 4A – Tuesday morning guided meditation**

Linda: So it's always good to take a few deep breaths into the belly. And you're still here. We're almost halfway through already. So what can I say to keep you going? Because I know how difficult it can be to keep going, keep going towards something that you don't know. But if you could feel how it does feel to really not know, to feel that quietness, that space, an incredible groundedness and solidity and lightness at the same time, you would do anything to feel this way.

As I keep saying, it's all about the body, your body. And you've been born into this body to realise why you're here, to be free from your karma. So don't wait for another life, don't say, "I'll do it next lifetime," do it now. It is really the most important thing that you can do in your life. It doesn't mean that other things aren't important but nothing really matters as much as this, now.

Of course there'll be resistance every step of the way. It's not really the resistance that matters, it's how you deal with it. Because there can be the temptation to lash out and blame someone or something else for this resistance, but everything you feel is to do with you. You are responsible for how you feel, nobody else. And that goes for the pleasure and the pain, the suffering. Because as long as you're in the body there is going to be some degree of pain in the physical body but it doesn't mean you need to suffer.

So all I can say is keep going – it's worth it. You won't necessarily feel the effects of this, the deeper effects of it, during this retreat. It will be afterwards that you will notice things. So don't look for immediate results, try not to expect to feel a certain way. And watch everything, feel everything, don't avoid anything.